

## 1. Kitchen INT. DAY

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### 1.1 MEDIUM CLOSE UP:

Hi Im Rachel Edelman for about.com food. Cooking an artichoke may seem intimidating but it's not that complicated as it looks. Today I'm going to show you three ways to cook an artichoke.

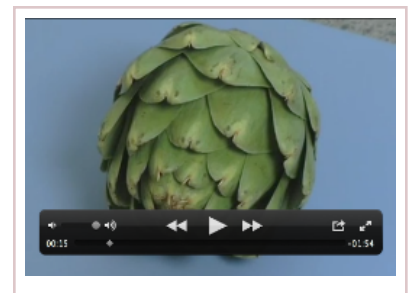


## 2. Kitchen INT. DAY

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### 2.1 MEDIUM:

Here is the artichoke we are going to use.



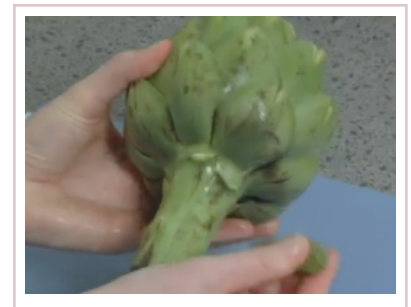
### 2.2 MEDIUM:

First rinse off the artichoke



### 2.3 MEDIUM:

and pull off any of the bottom discolored leaves.



## 2.4 MEDIUM:

With your knife cut off the entire stem right at the base



## 3. Kitchen INT. DAY

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### 3.1 MEDIUM:

To steam the artichoke boil an inch or two of water and place your steamer on top with the artichoke. Cover and steam for 25-45 minutes.



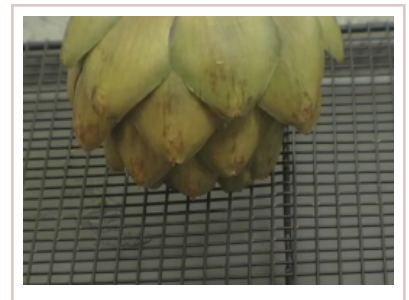
### 3.2 MEDIUM:

You'll see the color of the artichoke change



### 3.3 MEDIUM:

Place it on a rack upside down to drain



## 4. Kitchen INT. DAY

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#### 4.1 MEDIUM:

To boil place the artichoke in a pot in three inches of boiling water then cover. Boil gently for 25-45 inches. you can test and see if it's ready



#### 4.2 MEDIUM:

by pulling out a stem from the middle of the artichoke



#### 4.3 MEDIUM:

If it pulls out easily you're done



### 5. Kitchen INT. DAY

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#### 5.1 MEDIUM:

You can also microwave your artichoke. Place it in a microwave safe dish, upside down, with a quarter cup of water, and some lemon juice



#### 5.2 MEDIUM:

cover and microwave 5-7 minutes



### 5.3 MEDIUM:



### 5.4 MEDIUM:

Let it cool another 5 minutes. Test it by pulling out a peddle.



### 5.5 MEDIUM:

The bottom pulpy part of the peddle should be soft. it is fun to eat from the peddle. Pull the bottom of the peddle through your teeth or use a spoon.



### 5.6 MEDIUM:

To get to the heart, pull apart the central peddle



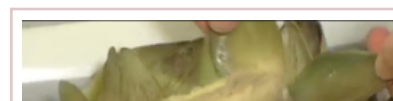
### 5.7 MEDIUM:

Remove the small purple leaves and the white fuzzy parts



### 5.8 MEDIUM:

Underneath the fuzz is the artichoke heart. This is the



part that most people use for their recipes.

## 6. Kitchen INT. DAY

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### 6.1 MEDIUM:

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